

Ingredients:

Amount:

Onion (chopped)	2 Medium Size
Bell Pepper (Fire Roasted)	1
Carrot (Diced)	1 to 2 Large
Garlic (Minced)	2 to 3 Cloves
Black Beans (rinsed & drained)	2 Cans
Spicy Black Beans (<u>do not drain</u>)	2 Cans
Whole Kernal Corn (drained)	1/2 Can
Steamed Kale or Spinach	1 to 2 Cups
Rotel Tomatoes	1/2 Can
Rice (Cooked)	1 to 2 Cups
Water or Vegetable Broth	Approx. 4 Cups

Note: We use the Whole Food Market brand, Kroger brand is good, too.

Instructions:

1. Saute chopped onion until tender. Then add carrots, roasted bell peppers, and garlic - cook for several minutes.
2. Add Spicy Black Bean (undrained); add regular black beans (that have been rinsed and drained. Now add corn, tomatoes, and cooked rice. Simmer until tender, season with salt and pepper to taste. (I do not use salt).
3. Let it simmer and get happy! Note - If you want the soup to be more spicy, replace some of the regular beans with the spicy beans.